



# Feeding Your Baby

## *Feeding Infants (4 to 12 months)*

Breast milk or iron-fortified formula is the only food babies need until they are 4 to 6 months old. Give babies breast milk or iron-fortified formula until they are a year old. Do not give cow's milk before baby is 12 months old.

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	Age 4 to 6 months	Age 6 to 8 months	Age 7 to 10 months	Age 10 to 12 months
<b>Foods to Introduce</b>	<b>Baby Cereal</b>  Start baby with iron-fortified rice cereal. Feed cereal to baby on a spoon. Make cereal thin with breast milk or formula. Oat or barley cereal may be introduced next.	<b>Vegetables and Fruits</b>  Start with strained vegetables & fruits. Introduce only one new food at a time.  <b>Fruit Juice with vitamin C</b>  Give baby juice using a small cup.	<b>Meat, Chicken and Fish</b>  Start with mashed tender meat, chicken and fish that has had all the bone, skin and tough parts removed. Do not add salt, fat, sugar or spices to baby's food.	<b>Finger Foods</b> <ul style="list-style-type: none"><li>● toast squares</li><li>● small pieces of cooked vegetables &amp; peeled, soft fruits</li><li>● small pieces of ground meat, chicken or fish with all bones removed</li></ul> <b>Cooked, Mashed Egg Yolks</b>
<b>Signs that Your Baby is Ready</b>	Baby can: <ul style="list-style-type: none"><li>● sit with support.</li><li>● hold head steady.</li><li>● remove food from a spoon with lips and tongue.</li><li>● keep most of cereal in his/her mouth.</li></ul>	Baby can: <ul style="list-style-type: none"><li>● sit without help.</li><li>● move mouth to mash food.</li><li>● put food in mouth by him/herself.</li><li>● begin drinking from a cup.</li></ul>	Baby can: <ul style="list-style-type: none"><li>● bite food.</li><li>● pick up small pieces and feed him/herself.</li></ul>	Baby can: <ul style="list-style-type: none"><li>● use a spoon and cup.</li></ul>

Adapted from the third edition (1995) of "Eating Right is Basic", developed by Michigan State University Extension. Adapted for use in Florida by Glenda L. Warren, M.S., R.D., CFCS, associate professor, extension nutritionist—EFNEP, Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, Florida 32611-0310. Publication date: November 2000. First published: June, 1997.

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